

HONEY-KING DIGEST

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BROOKS, ALBERTA, CANADA

Back at the Farm

Back at the farm, we look forward to spring and in the late fall we anticipate winter. In the springtime, we enjoy the new-born calves and look forward to the arrival of our bees. Our first little calf was born last week. Her hair was a little dull, but after a few feeds of mother's milk, the hair is now full of gloss and she runs and kicks her heels in the warm sunshine. The bees should arrive anytime now.

During the past winter we were able to do a little reading and able to further our studies of nutrition. A full study was made of the reports by the Henry Doubleday Research Station, the 1959 Yearbook on Agriculture on FOOD and the excellent new books by H. E. Kirschner, M.D.

With the resumption of tests in the atmosphere by the United States and Russia, we believe the report of Dr. Ballantyne from the Nov. 21, 1961 edition of the Calgary Herald to be very timely. Dr. Ballantyne is Provincial Veterinarian and Head of the Alberta Government's Emergency Measures Plan for Agriculture. Aim of the Provincial Plan is to ensure production of safe and wholesome food not only for the province but for possible deficient areas elsewhere. Dr. Ballantyne reports to the Herald, "For example if there was a great deal of Strontium 90 in the top layers of the soil (2 to 5 inches), then deep-rooted plants such as alfalfa may have to be grown as this plant can take nourishment from the lower levels below the contaminated surface".

Livestock have always thrived well on alfalfa and we have known for years that alfalfa was an excellent source of protein, trace minerals, natural vitamins and chlorophyll, but we never considered that this little plant could play such a role in feeding the nation.

During the winter, we were able to further our studies of Comfrey Symphytum or, as it is commonly known, Comfrey. Because of the high moisture content and lack of necessary harvesting equipment on most farms, this crop is not recommended for forage even though 40 tons of dry matter can be produced per acre in Africa. However, for gardens this little plant is excellent. Comfrey is a hardy perennial with similar growth characteristics as rhubarb and is free from oxalic acid, an agent which prevents the total assimilation of items in our food. The plant is a very rapid producer of foliage and is easy to grow. The deep-green leaves are now used in tasty salads, nutritious dishes, wines and teas. When cooked for greens, just add a little mint as well. For tea, we mix it half and half with ordinary tea. Many freeze it for winter use and cook it instead of spinach.

The Nutrition of People

The US YEARBOOK ON AGRICULTURE, 1959, reports: "Dental decay, the most prevalent disease in the United States, affects more than 95 per cent of the population. It has been estimated that the incidence of dental cavities is progressing six times faster than the needed number of dentists can be trained".

What a situation in a modern world of new advancements and standards of living. Does it mean that we are consuming too many highly refined foods? Does it mean that we are taking advantage of the many pleasures of TV, cars, leisure and neglecting the feeding of our body with the necessary foods for proper nutrition? It was Confucius who said: "Eat not for the pleasure thou mayest find therein: Eat to increase thy strength: Eat to preserve the life thou has received from heaven".

In his new book, Nature's Seven Doctors, H. E. Kirschner, M.D. outlines the 'Seven Essentials of Health' and indicates that if we apply each of these to our pattern of daily living, we will have a much better chance for recovery and the assurance of a happier, healthier, more abundant life in the days and years to come. Of this book, Dr. Philip Welsh says: "It makes no difference which one of the many diseases you have. It makes no difference whether you have catarrh of the nose, or are suffering from high blood pressure. It makes no difference whether your teeth are decaying or whether the softer organs of your body are decaying. In these 'Seven Essentials' you have at your command the mightiest powers for life and health that Nature can bestow upon mankind!" Secure your copy today.

Comfrey, Allantoin and Asthma

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Henry Doubleday Research Association
20 Convent Lane, Bocking, Braintree, Essex

From the days when Comfrey was in the British Pharmacopoeia (up to 1912), as a remedy for gastric ulcers, we know that its healing action recommended by William Turner in his "Herball" in 1568 (John Gerard copied Turner in his better known "Herball" in 1595) to "glewe together freshe woundes" is from Allantoin, which increases the speed at which cells divide, specially when Nature is repairing damage.

It has been found as traces in some

trees buds, in beet, french beans and green peas, but also in the wheat embryo and it plays a part in the development of other embryos, including those of human beings. It is found in the greatest quantity in Comfrey probably because the speed that gives modern agricultural varieties 50-60 tons an acre crops in Britain, and up to 124 tons in Africa and sub-tropical New Zealand, demands rapid cell division to build so much high protein leaf in each growing season.

Nature has several ways of making Allantoin which is near urea in composition, a pattern of nitrogen, carbon, hydrogen and oxygen which can be repeated synthetically. Synthetic Allantoin is a mixture of two kinds, each rotating light differently, and unless it is freshly prepared as a solution it reverts to the one that is useless as a healer. Nature, however, makes only the useful sort (d Allantoin) in Comfrey leaves, returning some to the root at the end of the summer to store for a swift start in the spring. So the amount in both roots and leaves varies with the season, and with the kind of Comfrey for there are about 20 variations of Russian Comfrey (*S. peregrinum*, more correctly *XS. Up-landicum*, because it is a hybrid between the blue flowered Prickly Comfrey, *S. asperrimum* and the Herbalists Comfrey) and several of *S. officinale*.

In the past the root was analysed several times, but the leaves which are available in far greater quantities have defeated chemists because the gummy proteins spoil the tests. In April 1960, Dr. Horace Ward, Analyst to the H.D.R.A. solved the problem and the way is clear for research to fit Nature's healer into the gaps in modern medicine, building on the work of Dr. MacAlister as well as the Roman "M.O." and the herbalists of the past.

From the experience of the many Comfrey growing gardener and farmer members of the H.D.R.A. (an Association of amateur experimenters working on problems of organic farming and gardening), we know that modern farm Comfrees heal as effectively as the herbal species, for its cures are a by-product of feeding to stock.

It will heal internal irritations but pass through with no effect if none are there, for one of most profitable uses is in curing what is known as "scour" in calves and young pigs. For over twenty years it has been fed to racehorses to prevent this problem in mares and foals and to save about £1 a week in expensive high quality hay, with the same mineral, and vitamin balance to keep costly stallions fighting fit. Even the "Knitbone" effect has been used again and again in farm accidents with the most recent case of Mr. John Edwards, a

Canadian member, curing his dog with Comfrey after she was terribly mauled in a bear trap in 1959.

Dr. MacAlister worked with internal and external ulcers of various types at Liverpool, before cortisone, penicillin and other antibiotics, with remarkable but variable results, perhaps from using synthetic allantoin and natural which varied unmeasurably. His book is available to all doctors and herbalists through the Association.

In 1959, Mrs. Dorothy Johnson, a New Zealand herbalist, wrote a newspaper article including an account of an asthma case securing undisturbed nights by eating fresh Comfrey leaves. This was quoted in the Canadian press as well, and Comfrey growers in New Zealand, Canada and Britain were beset by clamouring sufferers.

Unlike most herbalists, Association members pool their knowledge sharing it from country to country and grower to grower, and the Bocking headquarters went into action to gather the evidence and help the patients so research could bring real progress in healing, rather than allow the discovery to become an "old wives tale".

At first the Association put sufferers in touch with their nearest grower, for fresh leaves wilt fast in the post, or roots for use in winter when Comfrey is dormant in temperate climates. Results varied, for treating a variable complaint, (linked with allergies and nervous conditions), with a plant that varies means chance failures and successes but still more debatable borderline results, rather than hard evidence to justify serious medical research.

Co-operation between a member who had invented the first large scale Comfrey drier and one who was a Director of a Health Food firm (Mr. J. H. L. Chase) made possible tablets of dried Comfrey easily posted all over the world. So the Association began to give them away to asthma sufferers to secure reports from the patients to be studied by the doctor member in charge of this research team.

Unlike the existing remedies all asthma sufferers know, the tablets have no side effects, and for every purpose they are taken, if they fail they are merely good food. For another branch of this team is composed of housewives cooking Comfrey fresh and as flour to use its high protein low fibre and Vitamins A, B.1, B.2, C and E and amazingly B.12.

This essential vitamin, prepared expensively from liver or from Streptomycin waste was found in Comfrey by two chinchilla keeping members who discovered that it would cure the symptoms of B.12 lack when fed as green food, for unlike rabbits, these animals need it. Comfrey is, it seems, the only vegetable source of the vitamin and the research goes on to find how far this new source can help diet, especially for hungrier countries where vegetarian diets are demanded by land shortage and poverty.

Dr. Ward's discovery showed the first tablets to hold about as much allantoin as a good sample of herbal Comfrey root, but far more easily taken, 0.041%. Then the spring cuts on the H.D.R.A. Trial Ground and the first bulk drying gave a tablet with

seven times as much, 0.28%, making it possible to find the best kind, cutting time and drying temperature as research continues.

Each tablet holds 1.44 grains of Allantoin (the Association can tell any doctor how much there is in members' tablets made in any country) and 2 grains every two hours was the dose used in Dr. MacAlister's 72 hour treatment for Pneumonia cases in the 1930's: now completely outdated by swifter remedies.

The experimental dose recommended by Dr. Osborn of the H.D.R.A. for asthma cases is four a day for a fortnight rising to six if there is no improvement, and this has produced a mixture of success and failure with the first tablets, but better results from taking rather more as flour, which should mean greater success with the higher allantoin, or more of the lesser strength. For asthma varies, but now allantoin can be taken unvaried, unlike Comfrey leaf and root.

Unfortunately perhaps Nature's healer works only as Nature made it, and because Comfrey is merely a plant, so the research must depend on the tiny resources of the H.D.R.A. and the patients who complete the questionnaire forms and the sifting of the evidence from hundreds of cases, which must be thousands before the Roman Doctor's remedy can help perhaps every asthma sufferer in the modern world.

Lawrence D. Hills.
Hon. Secretary.

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COMFREY and how to plant

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GOT SORE and TIRED FEET?

Mrs. Bailly of Stockport reports to the Henry Doubleday Research Association: "Our garden is mainly on a steep hillside and working on the slope is very bad for my feet. I have painful feet with enlarged big-toe joints and thick callouses, always painful worse in hot weather. At the end of the day the aching, throbbing and burning is sometimes unbearable.

I took a couple of dozen large Comfrey leaves, put in a bowl and scalded them. This made them pulpy. I put the green mass (like half cooked spinach) on pieces of old white cotton material and folded over, making poultices which I placed under my feet, folding ends of material over the top of my feet and keeping in place with too large old socks. I felt immediate relief and after half an hour real comfort. Intended to try remedy again next time I had this trouble, but so far after a week my feet feel fine. I was surprised that the comfortable feeling was not only where the skin is calloused, but the joints stopped aching too."

RECIPE FOR COUGH MIXTURE:

From Henry Doubleday Research.

1 oz. Comfrey root scrubbed and sliced. 1 pint water. Boil for ten minutes and strain. Either add Rose Hip Syrup, Orange or Lemon squash to flavor. Dosage reported: 1 wine-glass every hour.

SAVOURY ROLLS — Serves 6

1 lb. minced beef, 1 lb. any other minced meat, 1-2 cups of unpolished rice (brown), 1 tsp. salt, ¼ tsp. pepper, 2 tsp. sweet paprika, 2 med. sized chopped onions Mix with a cup of hot water to kind of sausage filling. Then take 16 or 32 comfrey leaves, large ones, stalks and all and dip in boiling water. (hold bunch by the stalks). Then roll two tablespoons of the meat mixture in one or two of the comfrey leaves, like cigars, the thickness of the comfrey is a matter of taste. Arrange them in layers in a dish, pour on tomato sauce and bake in a closed casserole slowly for 2 hours. Do not roll too tightly as the filling swells.

ARE YOU WHAT YOU EAT — One of the most outstanding books on Gardening. - Order your copy today.

COMFREY FLOUR MUSILI — From Mrs. Huish - Henry Doubleday Research

2 tablespoons medium oatmeal — just cover with water, leave to soak overnight.

Next morning mix following:

1 level teaspoon Comfrey flour
¼ level teaspoon Gelozone
1 level teaspoon dried Brewers yeast.
With tablespoon rose hip syrup or Ribena and a little Lemon juice.

Mix well and then mix into oatmeal. Grate 1 large apple over it and sprinkle few chopped nuts over too.

Serve with milk.

EXPERIMENTS AT BOCKING (May 25th, 1961 Edition Braintree and Witham Times)

"Comfrey has medicinal value in its Allantoin, a healer known to herbalists to which we apply modern scientific knowledge. Our latest development is a Comfrey Wine that

could help rheumatism and bronchitis".

Ed. Note — Dictionary of Biochemistry — W. M. Malisoff — Allantoin is used in the treatment of wounds and ulcers as it clears dead tissue and promotes the growth of new cells.

COMFREY WINE CONTAINS ALLANTOIN (Henry Doubleday Research)

"This explains the success of Mrs. Hall of Chislehurst who uses hers for treating bronchitis".

	% Alcohol	% Allantoin
Comfrey Wine:		
Mr. Sennett's	11.37	6.6 p.p.m.
Mrs. Hall's	11.73	5.7 p.p.m.
Mrs. Hall's	11.53	9.2 p.p.m.

Should you wish the formula for this wine, send \$5.00 membership to the Henry Doubleday Research Association, 20 Convent Lane, Bocking, Braintree, Essex, England and ask for the bulletin containing the formula.

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— You'll be glad you did. —

COMFREY-MEDICINAL

Report from Mrs. Dorothy Johnson of New Zealand to Henry Doubleday Research, printed in Newsletter No. 9 and we quote:

"From the observation of many cases of Asthma using Comfrey from this garden a pattern seems to emerge. Those who have asthma frequently are usually the quickest to respond. Those who have it only occasionally seem to need to eat Comfrey for about six weeks before any improvement. The most dramatic results are obtained by eating a large piece of root - say 5 or six inches long 1½ inches in diameter. Wash but do not scrape off skin. Grate on a coarse cheese grater and make into a salad, or put in sandwiches with lettuce, cheese, celery, etc. It is seldom necessary to eat more than a few pieces of root then the patient must continue with the liquid from the cooking must be used. Usually 3 - 6 raw young leaves 4 to 6 inches long eaten in the morning and a helping of the same young leaves cooked at night is sufficient

A method of eating raw leaves is to put a date, sardine, piece of ham, meat, etc. on a loaf and roll it tightly. A poached egg on a helping of comfrey on a piece of toast makes a pleasant dish and cheese sauce poured over the comfrey adds welcome variety".

REVOLUTIONARY NEW DISCOVERY

The researchers of Honey-King Industries Limited recently discovered vitamins, minerals and allantoin in Comfrey. This analysis was published in the last issue of Honey-King News. What we didn't tell you is that our experts also discovered that the Comfrey plant can and does manufacture very important quantities of Vitamin B 12 when looked after properly. Our men proved this in the test tube and are now learning how to apply this information in our plantations.

NATURE'S HEALING GRASSES

What the Experts Say:

"It is indeed fortunate for all of us today that Dr. Kirschner, already known as an authority on Mother Nature's gentle, safe, and sure methods, has presented us with this second help-yourself-to-better-health book. His rich experience, his vast research, and his extensive travels have brought to us in this new book the best natural remedies that this world can offer.

In his sprightly, informative, yet reverential style, this famous physician weaves a fascinating, convincing tale of the wonders of "Nature's Healing Magic." He not only introduces new plants for correcting the most difficult conditions, but also gives appetizing recipes and formulas that make them easily acceptable and eagerly tried. He tells us where these health treasures may be found.

Yes, "Nature's Healing Grasses" is long past due. Here we find much sage advice that, if followed faithfully, will make old age wait, prevent feared and terrifying degenerative changes, and guide us to a greater degree of vibrant good health than we have ever dreamed possible. Here is a volume that will actually open a "health-gusher" in the Fountain of Youth if the reader will heed its timely message."

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POLLEN

The Bread of the Bees

By Arturo Wulfrath

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We admire the life of the bees. Their tireless work, their intelligence and their harmonious living fascinate us, and there are many things in which we would like to imitate them.

Where do the bees get these extraordinary virtues and the force to overcome the adversities of life? From the bread our Lord is giving them every day, of much superior nourishing qualities than the bread we ourselves are eating. The divine sun prepares it every hour of the day, without intermission, in the most pure and natural way.

This bread of the bees consists in the pollen of flowers, the only and richest source of proteins our little friends, the bees have at their disposal.

Every flower antenna is equipped with small pouches to stock enormous quantities of tiniest particles, which vary in size between 8 to 250 microns. The color of these particles depends on the species of the flower. These particles are generically classified as **POLLEN**.

Pollen is of extraordinary importance to keep and propagate life on our earth. In the propagation of plants, pollen exercises the male function. It penetrates the ovulum of the flower and fecundates it, so giving life and existence to the future seed, which later on we shall consume as grain or fruit; every plant, from the smallest herb to the biggest and most powerful tree, originates in pollen.

Without pollen it would be impossible for the seed to grow, the flora would irretrievably be extinguished and with it every trace of life would disappear from earth.

Who has not been standing before a big and exuberant tree, thinking of the wonder of its growth, its development from the tiniest seed? What untamable strength lives in such a small seed and the pollen which fecundizes it? The always unknown element "Life" which acts in the pollen grains of such miniature size with such gigantic effect.

Nature watches jealously that life propagates indefinitely by producing enormous quantities of pollen, such ascertaining that the fecundation process, it has to fulfill, shall never fail. The pollen is being transmitted to the female part of the flower either by action of the wind, or through the special drawing power every flower is trying to exert on flying insects to attract their visit. To these they offer an exquisite food, the sweet nectar, which is produced on the bottom of the calyx with the wisely calculated idea to entice the insects to scratch over the antennae containing pollen if they want to reach the delicate titbit. The insect covers itself with pollen when crawling into the flower and, when flying on to the next one, it leaves a part of pollen there while trying to reach the precious nectar. So, without really wanting to, the flying insect brings the masculine pollen in touch with the female part of the flower

More Light on Comfrey

By H. E. Kirschner, M.D.

Note: Dr. Kirschner is author of the Best Seller — "Live Food Juices".

Nearly every day I receive letters from people who have read my book, **Nature's Healing Grasses**, and who want to grow their own comfrey plants. Invariably they ask, "Where can I buy comfrey seed?"

It would relieve myself and my associate, Herbert C. White, of much of this burden of correspondence if the reader will remember that comfrey plants are **not** grown from seed, but from **root cuttings**, or from **rooted crowns** taken from well-established comfrey plants. These can now be purchased at moderate cost from growers in various parts of the country.

The month of May is a good time to plant your herb garden, and comfrey plants should occupy a prominent place in every home garden in the country. Comfrey can also be grown successfully in pots or window boxes where garden space is lacking.

Encouraging word

I have just received a copy of **The Herb Grower Magazine** for April. On page 26, the editor, Gertrude B. Foster, of Falls Village, Connecticut, has some very kind words to say about my new book:

"An attractive new book called **Nature's Healing Grasses**, by Dr. H. E. Kirschner, may do as much to popularize wild greens and weeds as did a certain Vermont doctor's for vinegar and honey. It is the only book published in this country to deal at any length with comfrey.

"The photograph of the 80-year-old author is quite an enticement to try his therapeutic mixture of wild and cultivated greens which he has called 'Green Drink.' His enthusiasm for what he believes is contagious, and the attractive pictures make the volume far more appealing than are most health food publications."

But why waste space talking about the format of the book? I have a basketful of letters, from suffering men and women all over the country, who have read the book and have tried the "Green Drink" and the sun-dried comfrey leaf tea with gratifying if not spectacular results. I am sure my LET'S LIVE readers will appreciate hearing from these people.

Obstinate unhealing sore

Grateful word has recently come to my desk from a 75-year-old lady who now lives in Mariposa, California. She begins her interesting letter, "'God works in mysterious ways His wonders to perform.' I would like to write you about the great benefit to me of your article, 'Comfrey — The Miracle Herb.'" (This is now in permanent form as Chapter Eight of my book.)

She continues, "I have been using the fresh comfrey leaf poultices on an obstinate sore on my neck. The results of this simple treatment are most gratifying. We are hoping to report another case history for you soon." And she concludes, "God bless you and your good work!"

Lung cancer

Recently I received a letter from a lady who lives in Rockville, Connecticut, who reports on her husband's condition: "I truly believe the comfrey root tea has at last begun to

show results in my husband's case (probable lung cancer, as per our former correspondence). He can breathe better, and it is easier for him to get about; his appetite is wonderful; his heart is good; and his kidneys and bowels are okay. His broken rib (from coughing) seems better. He is remarkable, and loves life, and has so much ambition and so many projects going! Hope to meet you soon."

Manifold ills

And from Pittsburgh, Pennsylvania comes this word from a gentleman who reports spectacular relief through the use of fresh, sun-dried comfrey leaf tea:

"Thanks to your book . . . and the use of fresh comfrey leaf tea, I have been cured of the following ailments: kidney stones, gall stones, sour stomach, high blood pressure. For 13½ years I suffered with kidney stones. I am now free from this bothersome disability and am as healthy as can be!

"The comfrey leaf tea also cured my wife of arthritis, and the ugly lumps on her fingers and knees are gone!! The pain in my liver (front and back) has disappeared and I now work like I did at the age of 25!

"I am convinced that there is a 'medicine' in comfrey which will relieve arteriosclerosis, gall stones, stomach ailments, arthritis, and asthma. I wish to urge the sick to use the comfrey leaf tea regularly for their good, and I wish also to thank you for your wonderful book."

Testament

We haven't space for more letters, but I do want to include the remarkable testimony recently received from a doctor living in Northern California. Among other things, he writes:

"Some time ago I purchased a copy of your book The 'Green Drink' you mention on page 114 has certainly helped me. I am 60 years old, and my tonsils have been enlarged since childhood. No matter what I did, the condition did not improve until I had the first glass of your 'Green Drink.' After five hours, one of the tonsils was **normal**, and 12 hours later, **both were normal!**"

Local case

Another interesting case history that has come to my attention during recent weeks is that of a prominent, middleaged, high school teacher and writer here in our own community. This busy woman has suffered for years from a severe liver disturbance. During the years she has sought the help of many physicians, all qualified medical doctors, and has obtained countless prescriptions; all to no avail.

Her distressing conditions persisted until a short while ago, when she started drinking fresh, sun-dried comfrey leaf tea. Within a few weeks marked improvement was noted in her condition; and now, after only a few months, all the symptoms have vanished. She is so enthusiastic about the results that she now advises all her friends to drink this delicious beverage every day.

Friend's skin infection

Another striking example of the power of comfrey to help in the healing of severe skin infections is revealed in the experience of a prominent business man and former associate.

This gentleman has been suffering for two years from a painful infection on the lower portion of his left leg. The infected area was about two inches wide and four inches long.



He, too, had gone to a number of prominent physicians for help. Among the remedies prescribed was the drug, **cortisone**. All that modern medical science could do was done to help relieve my friend of this painful infection, without result.

About four weeks ago I suggested that he try a comfrey leaf poultice on the painful infected area. He accepted my advice, and his wife prepared a wet poultice consisting of powdered sundried, comfrey leaves and water. Just enough water was used to reduce the powder to the consistency of a soft paste. This "paste" was spread on a clean linen cloth and the poultice applied from two to three hours each evening after his return from the office.

Much to his relief, the severe itching stopped almost immediately; and, as the poultice was continued day by day, the infected area began to "crust over" which is the visible evidence that at long last a normal, healing process was now taking place. Already the "scab" is peeling off in places, especially around the edges, and the part thus exposed reveals a healthy, normal skin formation. All traces of the former inflammation have vanished from the infected area.

Skin normalizer

Dr. Alfred Vogel, author of **The Nature Doctor** has emphasized the healing properties of comfrey on the skin, and has pointed to its use as a beauty aid.

Comfrey cleansing creme and moisturizing lotion acts to draw out the skin impurities and acids. According to a well-known dermatologist, nearly everyone's skin is "undernourished, poreclogged and acid." This is due primarily to poor diet, makeup, the natural aging process, and exposure to smog.

Comfrey works as an active, **working** ingredient, deep cleanses, draws out impurities, and neutralizes and normalizes the skin to resemble its original texture.

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Brooks - Alberta

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THE NATURAL ORGANIC INGREDIENTS OF COMFREY CLEANSING CREME AND COMFREY MOISTURIZING LOTION NORMALIZES AND RESTORES DRY, AGING OR BLEMISHED SKIN.

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Note: To ensure freshness this item is shipped from our Hollywood factory. Canadian Taxes extra where applicable.

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A special Comfrey blend for the famous GREEN DRINK Dr. Kirschner writes about!

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for the famous Green Drink Dr. Kirschner writes about.

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3 oz. - \$1.95 postpaid

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of the same variety, thus uniting both.

Pollen offers the insects proteins which they need desperately to exist. These proteins are so admirably concentrated, as to enable them to execute real physical wonders in proportion to their size, although the quantities absorbed at a time are very small. Evidently the pollen and its components are very easily assimilated by the organism, as the digestive apparatus of its little consumers is not very much developed, on the contrary primitive.

Of all insects consuming pollen the bee is the wisest, different from others. Its object consists not merely in satisfying its momentary hunger eating the quantity needed for the immediate exertion. No, more than any other insect the bee comprehends the vital necessity of its organism for pollen and, therefore, the pollen is gathered systematically to be stocked in the hive in order to have it disposable long after all flowers have died and no pollen can be found anywhere. In numerous groups the bees fly from flower to flower, harvesting the precious powder to take it home and transform it into the BREAD OF THE BEES. When they approach the flowers, they gather the pollen very ingeniously, kneading it and forming little balls by mixing the pollen grains with saliva, honey and Royal Jelly, thus creating a SUPER NUTRITIVE PRODUCT.

This shows that other being, less developed than mankind, discovered a long time ago — perhaps thousands of years — the significance of pollen for nourishing purposes. Mankind has been much slower in recognizing this fact, but now finally we also have learned. Striving constantly to explore new kinds of food and complementary nutriments to fortify and vigorize the human organism, dietary — i.e. the Science of Nutrition — has just discovered the importance of pollen as auxiliary nourishment. This natural product, created by flowers under the beneficial influence of the sun, contains numberless and highly concentrated vitamins, proteins and free aminoacids, all of them substances which are assimilated immediately without effort whatsoever; but more than anything else it contains this mysterious and undefined fluidity called "LIFE" which is found exclusively in living, natural products, that have not been altered or treated by man.

As complementary food, pollen has been definitely proved to operate as a very powerful restorative that increases the joy in life and the buoyancy of body and spirit. It is a specific substance which regularizes the function of the digestive apparatus, improving considerably the health of anemic persons, specially children.

To prove the above, tons of pollen were used in scientific experiments, and so it was possible to obtain the absolute reassurance that pollen represents the most extraordinary supplementary nourishment known in our days. Being an inexhaustible source of activating properties, it provides new vigor for the tired human, weary of work or morally depressed, in a very few days. The effect on older persons can best be expressed with the words "born anew".

One of the outstanding international

scientists on the subjects of bees, Dr. Emil Chauvin, Chief of the Institute of Apicultural Investigations of the French Government at Bures-Sur Yvette, who has to collaboration of well known biologists, doctors and chemists, says in a communication to the "Academie de Medicine" in Paris on January 15th, 1957:-

"The clinical investigations regarding the effect of pollen on human beings had unexpected success in cases of chronic constipation. Interesting observation were made with flatulosity and bacteria infections of the Coli type. Patients were cured, who had suffered from chronic diarrhoea without responding to antibiotica treatment. Also pollen produced an increase in

weight and energies of convalescents. The first experiments in cases of senile weakness were very promising. The increase of erythrocytes in anemic children were rather surprising. Of the innumerable persons who took pollen regularly during many weeks not a single case with unpleasant symptoms of secondary nature was reported."

Color and form of pollen grains vary considerable in the different species of plants. The color scales varies between golden yellow and black; the form can be angular, pointed, thorny there may be thick-nesses or slots etc. — The diversity of forms has the object that the pollen may adhere easier to the body of the insect which transfers it.



The radiant personality pictured above is none other than our famous "Mrs. Ferraro," who gained 71 pounds — from 64 to 135 — in eighteen months on one gallon of fresh carrot juice per day. Read her miraculous "case history" in Dr. Kirschner's book.

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As per Dr. Elser, Germany, the pollen grains have the following composition:-

Ethereal extracts 15, 50 - 35, 50%
 Proteins 15, 40 - 19, 50%

Different kinds of
 sugar 16, 39 - 12, 22%

The rest consists of various substances, from which only the following could be classified so far:-

VITAMINS A, B, E, D, C, lactoflavine, pantothenic acid, and other ingredients

ANTIBIOTICA

FERMENTS

ANALYSIS OF POLLEN AS POLLEN AS PER HUEDEBERT, FRANCE

35% proteins, half of them consisting in free aminoacids (proteins absolutely indispensable to life), which can be assimilated immediately by the organism.

40% different kinds of sugar

5% fats

3% minerals and particles containing calcium, phosphor, magnesium, iron, copper, and manganese

3-4% water

14% substances which up to the present could only be determined partially (amines, lactoflavine, nicotinic acid, pantothenic acid, vitamins, cyanide-cobalt-amines, etc.) The rest contains important quantities of vitamine "B", also A, D, E, and C. Numerous ferments, elements furthering the growth and antibiotica complete this rich food. There is no doubt that pollen also contains other active substances which have not been determined so far.

The index of vital elements in pollen is undoubtedly very high. It surpasses considerable the one contained in yeast and wheat germs, Royal Jelly alone contains a higher percentage of these vital elements.

There exist two basic types of pollen grains. A certain group of plants produce pollen specially designed to be transmitted by the air.

The other group of plants is prepared in such a way that the pollen they produce can be transported by insects visiting the flower. As we are referring to the kind of pollen harvested by the bees, this second group is the one we shall engage with more closely. The pollen of this group can be assimilated almost completely by the human organism, containing only 12% non-assimilable substances; from the other kind of pollen, which is transported by the wind, only 48% is absorbed by the organism.

Pollen is the origin of diastasis, i.e. the necessary ferments to convert the starches, very common in our food, in Dextrine and Maltose which are the combustible, generating all energies of our organism. This property of the pollen explains to great extent the extraordinary and healthy effects it has on our system.

POLLEN and the development of children:-

It has been absolutely confirmed that pollen contains specific substances which stimulate the growth. Numerous experiments with children of various ages have confirmed this theoretical knowledge in the praxis. The effect of pollen is specially noticeable in children whose development suffered interruption owing to various reasons: in every case an increase in appetite was observed, along with a

considerable increase in weight, and the unusual paleness disappeared in the face of children treated with pollen. Pediatricists in children clinics could prove that pollen is an excellent weapon against anemia, competing successfully with the accustomed vitamin extracts. The quantity of red corpuscles in the blood increase visibly.

POLLEN and premature aging:-

Pollen contains elements so far unknown which incite and stimulate the organism to eliminate noxious residues. If these residues are not expelled in time, but accumulate in the system, they cause a slow and progressive poisoning of the organism leading to disturbances of the natural functions and to premature aging. Due to the beneficial influence of the pollen above described, this factor is eliminated. The second task of pollen against premature aging consists in its marvellous effect in any case of digestive deficiencies. This, too, could be considered a process of eliminating noxious residues. The organism is cleaned from useless ballast, it has less obstacles for its normal functioning.

POLLEN and digestion:-

The most extraordinary properties observed in pollen were in relation with digestive irregularities. It suffices to take pollen regularly to obtain a normal functioning of the intestine. On the other hand, pollen reestablishes a normal functioning of the intestine of persons suffering constipation, sparing them the necessity to use laxatives which sometimes irritate and harm the digestive apparatus. Pollen remedies this ailment without any inconveniences. Also on certain kinds of diarrhoea pollen has a good effect and, therefore, it can be considered a regulator of the intestinal activity, specially in cases of colicenteritis, flatuosity painful fermentations and coli gases.

Pollen surpasses all supplementary nourishments and occupies the first place regarding improvement of comfort and good health of our organism.

Due to the importance of pollen as a source of energy and good health, it became essentially necessary to gather this marvellous power in order to make it accessible to mankind. The attempts made in this regard were not very satisfying, as one man can hardly gather more than 0,5gr of pollen per hour.

Therefore there was only one way: to engage once more the help of the laborious bees, which collect the pollen in enormous quantities. Experts have solved the problem to subtract part of the bees harvested pollen without harming them. This surplus of pollen gathered by the bees and prepared by them with pure honey and Royal Jelly, is the product offered today to the public in form of tablets.

In future the bees will not only give us their sweet honey, their wax and their unique ROYAL JELLY, also this new substances, the marvellous pollen.

POLLEN THE BREAD OF THE BEES.

We wish to call special attention to the fact that POLLEN is not a medicine but a supplementary nourishment which helps to clean the organisms feeding it beneficial substances. Based on our experience we recommend to start with a dose of

5 grams of pollen daily and, once the equilibrium of the digestive system is re-established, the dose should be reduced gradually to 2 grams daily. This quantity can be taken for quite a long period of time.

Ed Note: No claims whatsoever are made for any pollen product advertised in this publication. The article is for information purposes only.

Read the complete pollen story in "THE GOLDEN POLLEN" by M. McCormick \$2.95.

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